AMENDMENTS TO THE SPECIFICATION

Please amend the paragraph beginning on page 2, line 1 and ending at line 12, as follows:

Usually, with a phase change disk used for land/groove recording, the track pitch (this refers to the pitch between the grooves or between the lands) is constant within a given plane. Therefore, the optical state of the grooves and lands of a phase change disk can be expressed as the ratio (RG/RL) of the amount of light reflected from the grooves (RG) to the amount of light reflected from the lands (RL) when a medium in an unrecorded state is irradiated with a laser (hereinafter referred to as the reflected light ratio RG/RL). Because heat tends to build up in the grooves during recording to a phase change disk for land/groove recording, the value of the reflected light ratio RG/RL is set to be slightly greater than 1. Meanwhile, with a phase change disk with which recording is only performed in the grooves, the grooves are formed wider than the lands. There are also instances in which the land width of the lead-in and lead-out areas provided around the outer circumference of the user area is greater than the land width in the user area (see, for example, Patent Document 1 Japanese Laid-Open Patent Application H10-172183).

Please replace the heading "DISCLOSURE OF THE INVENTION," with --SUMMARY OF THE INVENTION— in line 22 on page 2 of the specification.

Please amend the paragraph beginning on page 3, line 10 and ending at line 16, as follows:

To solve the above problems, one embodiment of the present invention is presented that is an optical information recording medium having a land/groove structure and being capable of recording at a plurality of linear velocities, wherein the ratio (SH/SL) of the maximum recordable linear speed (SH) to the minimum recordable linear speed (SL) has a value of 2 to 3.

and the ratio (RG/RL) of the amount of light reflected from a groove (RG) in an unrecorded state to the amount of light reflected from a land (RL) in an unrecorded state has a value of at least 1.08 and no more than 1.19.

Please combine the paragraph beginning on page 3, line 18 and ending at line 19 and the paragraph beginning on line 20 and ending at line 21, as follows:

It is preferable if the ratio (WG/TP) of the groove half-value width (WG) and the track pitch (TP) has a value that satisfies 0.50 < (WG/TP) < 0.60._

——This minimizes the effect of the groove width of the substrate, and prevents any worsening of jitter of a reproduction signal from a groove.

Please amend the paragraph beginning on page 3, line 22 and ending at line 27, as follows:

The optical information recording and reproduction system of <u>some embodiments of</u> the present invention is<u>are</u> capable of recording at a plurality of linear velocities, and comprises optical units in which the light source has a wavelength of 660 ± 10 nm and a numerical aperture (NA) of 0.6 ± 0.01 , wherein recording and reproduction are possible when the ratio (SH/SL) of the maximum recordable linear speed (SH) to the minimum linear speed (SL) has a value of between about 2 to about 3.

Please amend the paragraph beginning on page 4, line 4 and ending at line 5, as follows:

FIG. 1 is a schematic cross section of the optical information recording medium of <u>one</u> <u>embodiment of</u> the present invention;

Please amend the paragraph beginning on page 4, line 6 and ending at line 7, as follows:

FIG. 2 is a block diagram of the structure of the optical information recording and reproduction system of one embodiment of the present invention;

Please replace the heading "BEST MODE FOR CARRYING OUT THE INVENTION," with --DETAILED DESCRIPTION OF THE INVENTION-- in line 1 on page 5 of the specification.